



## 32. Nordhäuser Silvesterlauf 2018

Nordhausen / 31.12.2018

### Detailed evaluation

Schneeberg, Frank

Club: Nordhausen

Number: 41

Course: 7.00 km

Pokallauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 39:38

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 44 (of 66)

Rank in course/Men: 37 (of 49)

Best time in course: 26:54

Rank in category: 7(of 9)

Best time in the category: 30:15